



Asiaf Skating Rink, Brockton

Wendell State Forest, Wendell Vietnam Veterans Memorial Rink, North Adams Pittsfield State Forest, Pittsfield Steriti Memorial Rink, Boston Mt. Tom State Reservation, Holyoke Leo J. Martin Memorial Golf Course/ Ski Track, Flynn Skating Rink, Medford D.A.R. State Forest, Goshen Collins/Moylan Skating Rink, Greenfield Blackstone River and Canal Heritage State Park,

are typically used each season. at indoor rinks. The following rinks and parks endurance. Many skating programs take place for those with limited mobility, balance or Forest. Sit-skis and seated ice sleds offer options with snowmobile rides offered at Wendell State skating are the mainstay of the winter program,

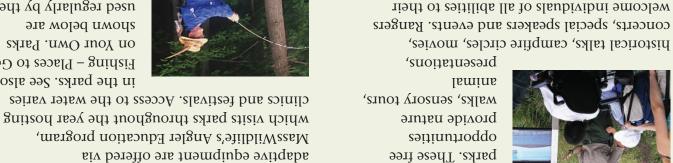
snowshoeing, kick-sledding and ice winter outdoors! Cross-country skiing, Avoid cabin fever by exploring the

Winter

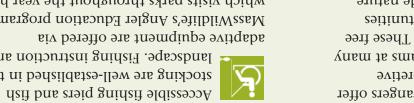
Spot Pond, Middlesex Fells, Stoneham Houghtons Pond, Blue Hills Reservation, Milton Harold Parker State Forest, N. Andover Great Falls Discovery Center, Turners Falls

> www.mass.gov/dfwele/dfw/dfweduc.htm. fishing clinic call 508-389-6309 or visit

request an adaptive programs or to schedule of fishing program. For a Angler Education used regularly by the spown below are on Your Own. Parks Fishing - Places to Go in the parks. See also



Pishing





Interpretive

Geserve, Mashpee

*Waquoit Bay National Estuarine Research

*Walden Pond State Reservation, Concord

Spectacle Island, Boston Harbor

Salisbury Beach State Reservation,

*Quabbin Reservation, Belchertown

Halibut Point State Park, Rockport

Erving State Forest, Erving

throughout the year.

Otter River State Forest, Winchendon

*Lawrence Heritage State Park, Lawrence

Great Falls Discovery Center, Turners Falls

Boston Harbor Islands State Park, Boston

Blackstone River and Canal Heritage State Park,

season. Those with an asterisk* offer programs

recommended for their interpretive programs

or visit www.mass.gov/dcr for a schedule of

historical talks, campfire circles, movies,

available upon request. Contact parks directly

public programs. Assistive listening devices are

in accessible settings during the summer

programs and events. Parks listed are

*Mt. Greylock State Reservation, Lanesborough

www.mass.gov/dcr/universal_access/a_events.htm or website for a current schedule: Consult the most recent newsletter sled hockey, and various pilot programs. more occasional basis include horseback riding, Additional program opportunities offered on a

Webb Memorial Park, Weymouth Sandy Point State Reservation, Ipswich Salisbury Beach State Reservation, Salisbury Quabbin Reservation, Belchertown Pope John Paul II Park, Dorchester Norwottuck Rail Trail, Hadley Nickerson State Park, Brewster Halibut Point State Park, Rockport Great Falls Discovery Center, Turners Falls Charles River Lake District, Waltham Blue Hills Reservation, Milton

Blackstone River and Canal Heritage State Park, Selle Isle Marsh Reservation, Chelsea Ashuwillticook Rail Trail, Cheshire

birding include: Recommended sites for independent or guided prime times of increased bird activity. assistive listening devices and accessible sites at portable folding chairs, large print field guides, viewing scopes, lightweight binoculars, through the use of a slower introductory pace, volunteers. Birding is made more inclusive collaborations with bird club

park interpretive programs and siv sisad bətimil s no bərəfto si gnibrid 🗾 🚼

Birding

Or 413-577-2200 TTY. make a request, call 413-545-5758 voice upon availability of interpreters. If you'd like to be provided with advance notice, depending the parks. American Sign Language (ASL) may for most programs offered in Assisting Devices are available with advance notice Assistive Listening Devices are

*Norwottuck Rail Trail, Hadley 413-582-0733 *Mashua River Rail Trail, Ayer Cape Cod Rail Trail, Brewster 508-896-8200 *Ashuwillticook Rail Trail, Cheshire

handcycles). with a phone number offer rentals (typically of asterisk * are used as program locations. Those some styles of adaptive bikes. Those with an below offer cycling programs or rentals of to ride with participants as needed. Parks listed The program offers trained staff and volunteers

> seat of a tandem. driver in the rear steering from the supports; some offer chest and/or leg specialized hand, Some cycles have tandems, and trikes.

snch as hand cycles, designs are available in adult and child sizes, offers the genne man well as the chance to exercise and well as the chance to exercise and build coordination skills. A selection of cycle Adaptive cycling is highly popular and

Walden Pond State Reservation, Concord Middlesex Fells Reservation, Stoneham Hopkinton State Park, Hopkinton - Kayaking Douglas State Forest, Douglas - Kayaking

> Rowing, Canoeing Connecticut River Greenway, various locations Charles River Lower Basin, Boston - Sailing

D.A.R. State Forest, Goshen - Kayaking

with occasional programs at other parks not parks are used regularly for boating programs, offered for experienced paddlers. The following on ponds or lakes. River opportunities are work with the wind. Most programs take place wonderful exercise, and sailing challenges us to sense of exploration, rowing can provide most popular and easiest, canoeing offers a and connection with nature. Kayaking is the on the landscape and a sense of tranquility passive participant, brings a new perspective summer. Boating, as an active or

Kayaking, canoeing, sailing and rowing programs are offered every



Boating

Cycling

Adaptive / Inclusive Program Opportunities

Adaptive / Inclusive Program Opportunities

wheelchair

What's Inside . . .

- Adaptive/Inclusive Recreation Programs
- Parks with Accessible Features
- Recommended Experiences

This brochure highlights the state parks that offer the very best accommodations for visitors who are interested in outdoor recreation but cannot take access for granted. More park-specific information can be

found on-line at www.mass.gov/dcr or by



calling the parks directly. For a free brochure and map of the state park system, please contact:

DCR, Suite 600 251 Causeway Street Boston, MA 02114 617-626-1250



Photos: DCR Access Program and Kindra Clineff.

General Information

landscape. Fishing instruction and

stocking are well-established in the park

For universal access information, reasonable accommodations, and brochures in alternate formats, contact:

The Universal Access Program Department of Conservation and Recreation 40 Cold Storage Drive Box 484, Amherst, MA 01004 413-545-5353, voice 413-577-2200, TTY

Or visit: www.mass.gov/dcr/universal_access A newsletter featuring seasonal program schedules is published twice a year in printed format, on-line, and by request on CD-ROM.

The Department of Conservation and Recreation is an affirmative action, equal opportunity employer. In compliance with the Americans with Disabilities Act (ADA), this information is available in other formats upon request.

Directions and more information on DCR can be found on-line at: www.mass.gov/dcr or call 617-626-1250 or write DCR, 251 Causeway Street, Suite 600,

Boston, MA 02114. The Massachusetts Department of Conservation and Recreation (DCR) is steward to over 450,000 acres throughout Massachusetts. Its mission is to protect,

cultural, and recreational resources. Commonwealth of Massachusetts, Deval L. Patrick, Governor Executive Office of Energy and Environmental Affairs, Ian A. Bowles, Secretary Department of Conservation and Recreation, Richard K. Sullivan, Jr., Commissioner

promote, and enhance our common wealth of natural,



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der Universal Access



Outdoor recreation opportunities for people of all abilities in Massachusetts State Parks

www.mass.gov/dcr/universal _access

Welcome to the Massachusetts Department of Conservation and Recreation (DCR). With approximately 450,000 acres of forests, parks, conservation areas and water



resources, the DCR offers one of the largest conservation and recreation systems in the nation. The DCR's Universal Access

Program is dedicated to providing all visitors equal access to the experience of outdoor recreation in Massachusetts state parks, regardless of an individual's ability. By providing specialized adaptive recreation equipment, offering accessible recreation programs, and working to ensure outdoor environments are accessible to all, the Universal Access Program hopes that visitors of all abilities will take advantage of the tremendous natural resources and recreation opportunities available in Massachusetts.



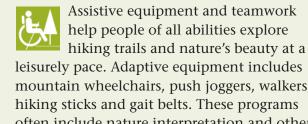
recreation programs year-round and statewide. Structured programs feature adaptive recreation equipment, professional staff and lifeguards as well as instruction and individual support as needed. Staff and volunteers are trained in disability awareness, sighted-guide

Massachusetts is unique in offering adaptive

technique, transfers, equipment adaptations and other methods to create an environment of support, as well as a fun and safe experience for all. Programs are inexpensive or free. A signed liability waiver is required.

Many individuals with disabilities from Massachusetts and nearby states use the programs regularly. Some move beyond the Universal Access Program to acquire their own adaptive equipment, use the parks more independently and advance to other adaptive recreation opportunities throughout New England and beyond. Friends, families, and others are always welcome to participate in Universal Access Programs alongside participants with disabilities.

Hiking



leisurely pace. Adaptive equipment includes mountain wheelchairs, push joggers, walkers, hiking sticks and gait belts. These programs often include nature interpretation and other activities from May through October. Hikes may be on easy, moderate or challenging terrain and vary from a quarter mile to two miles in length. The following parks are most



regularly used in the hiking program, although new parks are added each year.

Blue Hills Reservation, Milton **Breakheart Reservation, Saugus** D.A.R. State Forest, Goshen Dunn State Park, Gardner Middlesex Fells Reservation, Stoneham Mt. Greylock State Reservation, Lanesborough Mt. Tom State Reservation, Holyoke Quabbin Reservation, Belchertown Robinson State Park, Agawam **Spectacle Island, Boston Harbor** Walden Pond State Reservation, Concord Wendell State Forest, Wendell

More Programs Inside →

Recommended Experiences – Places to Go on Your Own

Skating Rinks

Skating rinks offer public skating hours with weekday skating being generally quiet. There is typically a modest admission fee for both skating and the rental of conventional ice skates. Some rinks allow or provide supportive devices for skaters on conventional skates who need it. The following rinks are wheelchair accessible and provide one or more ice-skating sleds as indicated.

Town	Rink Name	Phone	Ice Sleds
Auburn	Horgan	508-832-7201	2
Cambridge	Simoni	617-354-9523	3
Boston - Hyde Park	Bajko	617-364-9188	2
Boston - North End	Steriti	617-523-9327	2
Boston - West Roxbury	Jim Roche	617-323-9512	4
Brockton	Asiaf	508-583-6804	3
Franklin	Pirelli / Vets	508-541-7024	2
Greenfield	Collins / Moylan	413-772-6891	2
Holyoke	Fitzpatrick	413-532-2929	4
Medford	Flynn	781-395-8492	2
Milton	Ulin	617-696-9869	2
Newburyport	Graf	978-462-8112	1
North Adams	Vietnam Vets	413-664-8185	3
Plymouth	Armstrong	508-746-8825	2
Quincy	Shea	617-472-9325	2
Revere	Cronin	781-284-9491	2
Springfield	Smead	413-781-2599	4
Taunton	Alexio	508-824-4987	2



Any rail trail is a safe bet if you seek a paved level experience for access to natural areas and/or exercise. Several parks offer wheelchair accessible trails in scenic locations and/or quiet natural settings – a few of the most recommended are described below. If you seek more challenging experiences on conventional hiking trails and would like specific recommendations for your area, please call 413-545-5758.

Belle Isle Marsh Reservation, Chelsea – 0.5 mile stonedust loop trail offers boardwalk access to the salt marsh, benches, dynamic birding and views of aircraft flying into Logan airport. No restrooms. 617-727-5350

Breakheart Reservation, Saugus – 1 mile paved forested roadway to Pearce Lake with moderate grades.

Charles River Lake District, Moody St., to Prospect St., Waltham – 0.5 mile riverside trail connecting Waltham Center with an accessible canoe launch.

D.A.R. State Forest, Goshen – 0.5 mile forested stonedust trail along Highland Lake with benches and three accessible fishing piers.

 $\textbf{Dunn State Park, Gardner} - 0.75 \ mile \ stonedust \ trail \ loops \ through \ the \ forest.$

Lynn Shores Reservation/Nahant Causeway, Lynn – wide, 3 mile paved pedestrian recreation path with views of ocean bay and beach access.

Mt. Greylock State Reservation, Lanesborough – 0.25 mile loop trail at summit of Massachusetts' tallest peak has spectacular views.

Mt. Tom State Reservation, Holyoke – 0.5 mile forested loop trail along Lake Bray with 2 accessible fishing piers.

Pittsfield State Forest, Pittsfield – 0.75 mile paved Tranquility Trail through the forest crosses a brook and has an optional audio tour component.

Ocean Beaches

The Massachusetts state parks offer some of the most beautiful beaches in the country. Improving shoreline accessibility is an ongoing effort that has created a number of opportunities for people of all abilities to enjoy.

Carson Beach, South Boston

A 3 mile urban shoreline features a paved pedestrian way from Castle Island to the Kennedy Library. This beach offers bath house, restrooms, accessible fishing pier and beach wheelchairs.

Horseneck Beach State Reservation, Westport 2 miles of shoreline accessible via beach wheelchairs and paved route between dunes and beach.

Revere Beach State Reservation, Revere

2.5 miles of urban shoreline features a promenade, bandstand, bath house, shade shelters and beach wheelchairs. This beach is easily accessible by public transportation.

Salisbury Beach State Reservation, Salisbury

A popular 3.8 mile ocean beach with campground, over-the-dune boardwalks, beach wheelchairs, playground and pavilion.

Scusset Beach State Reservation, Sandwich
Beach wheelchairs and campground on Cape Cod
Bay at the north end of the canal.

Beach wheelchairs are also available at Demarest Lloyd State Park, Nantasket Beach, South Cape Beach State Park, and Wollaston Beach.

Camping

Camping is one of the most popular attractions in state parks. Specific information about camping is best obtained from DCR's Camping brochure or www.mass.gov/dcr/camping. Sites are reservable six months in advance through Reserve America at 877-422-6762 or www.reserveamerica.com. Accessible camping makes use of tentsites, cabins and yurts. Yurts are canvas-sided structures with furnishings and electricity especially favored by campers with disabilities. Parks with an asterisk* offer accessible yurts or cabins.

Erving State Forest, Erving D.A.R. State Forest, Goshen

Harold Parker State Forest, N. Andover

Horseneck Beach State Reservation, Westport

*Mohawk Trail State Forest, Charlemont

*Nickerson State Park, Brewster

*October Mountain State Forest, Lee

Salisbury Beach State Reservation, Salisbury

*Savoy Mountain State Forest, Savoy
Scusset Beach State Reservation, Sandwich

*Shawme Crowell State Forest, Sandwhich

Fishing

A variety of accessible fishing sites are located in Massachusetts state parks. Accessible fishing sites can be accessible piers, docks, and natural accessible shorelines. Call parks directly for fish stocking and seasonal information.

Carson Beach, South Boston – accessible fishing pier close to an accessible picnicking area with view of Boston in a tranquil scenic area. Public transportation available.

D.A.R. State Park, Goshen – 3 accessible fishing docks on Upper Highland Lake with accessible

parking and trail.

Dunn State Park, Gardner – 2 accessible fishing piers, one conveniently located near the visitors center and beach, the other across the pond by Betty Springs Road.

Hampton Ponds State Park, Westfield – accessible natural shoreline with parking along shore.

Mt. Tom State Reservation, Holyoke – 2 accessible wooden fishing piers on Lake Bray, one with a bench out in the open and the other in the woods off an accessible trail.

Quabbin Reservation, Belchertown – accessible ramp for shore fishing at gate 8 with accessible parking and an accessible porta-john nearby.

Scusset Beach State Reservation, Sandwich – Accessible fishing pier for salt water anglers along the Cape Cod canal.









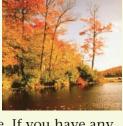


Selected Parks - Places to Go on Your Own

CHART CODES

- Accessible: Meets all codes and guidelines for
- ► Fair Accessibility: Meets many of the ADA standards with few barriers. Some visitors with disabilities may require assistance.
- Minimal Accessibility: Does not meet ADA standards and has significant barriers. Many/most visitors with disabilities will need assistance.
- **NA** Not available or not applicable.

This chart highlights a selection of most recommended parks for accessible visitation. Each offers accessible attractions though not all park



features may be accessible. If you have any questions or hesitation prior to visiting, call the park in advance to verify conditions.

Beach wheelchairs are now available at more DCR facilities than shown in the chart at right. Please visit www.mass.gov/universal_access for more



locations. Call in advance to reserve beach wheelchairs (to ensure one will be available for your visit.)

Many of the Boston area parks can be reached by public transportation.

For information on public transportation to the sites listed, check with the Massachusetts Bay Transportation Authority website at www.mbta.gov

NA/ECTEDAL	Restrooms	Visitors Center /Contact Statio	Interpretive Pr	Trail Opportuni	Picnicking	Swimming	BeachChair #
WESTERN Ashuwillticook Rail Trail, Adams to Lanesborough, 413-442-8928	Re	.≥ _∑	NA	Ĕ	- iğ	. S NA	NA NA
D.A.R. State Forest, Rte. 112, Goshen, 413-268-7098	•	•	•	•	0	\bigcirc	1
Mt. Greylock State Reservation, 30 Rockwell Rd., Lanesborough, 413-499-4262	•	•	•			NA	NA
Pittsfield State Forest, 1041 Cascade Street, Pittsfield, 413-442-8992		NA	•	•	•	NA	NA
Savoy Mountain State Forest, 260 Central Shaft Road, Florida, 413-663-8469	•	NA	•	•	•	•	NA
CENTRAL							
Blackstone River State Park, 287 Oak Street, Uxbridge, 508-278-7604	•	•	•			NA	NA
Dunn State Park, 289 Pearl St., Rte. 101, Gardner, 978-632-7897	•	•	•	•	•		1
Erving State Forest, 200 East Main Street, Erving, 978-544-3939	•	NA	•	\Diamond	•		1
Lake Wyola State Park, 94 Lakeview Road, Shutesbury, 413-367-0317	•		NA	NA	•		1
Mt. Tom State Reservation, 125 Reservation Road, Holyoke, 413-534-1186	•	•	•	•	•	NA	NA
Norwottuck Rail Trail, Amherst – Northampton, 413-586-8706	•	NA	•	•	NA	NA	NA
Robinson State Park, North Street, Agawam, 413-786-2877	•	NA	NA	•		•	NA
NORTHEAST							
Great Brook Farm State Park, 84 Lowell Road, Carlisle, 978-369-6312	•	•	•		•	NA	NA
Halibut Point State Park, Gott Avenue, Rockport, 978-546-2997	•	•	•		•	NA	1
Harold Parker State Forest, 1951 Turnpike Road, N. Andover, 978-686-3391		NA	•	•		•	2
Hopkinton State Park, 71 Cedar St., Hopkinton, 508-435-4303		NA	NA			•	2
Nahant Beach & Lynn Shore Reservation, Lynn, Nahant, 781-485-2303	•	NA	•	•		•	2
Salisbury Beach State Reservation, Reservation Road, Salisbury, 978-462-4481		•	•	NA			12

SOUTHEAST	Restrooms	Visitors Center /Contact Station	Interpretive Pro	Trail Opportunit	Picnicking	Swimming	BeachChair #
Borderland State Park, 259 Massapoag Avenue, North Easton, 508-238-6566	•	•	•		NA	NA	1
Cape Cod Rail Trail, Dennis-Wellfleet, call Nickerson State Park for information	NA	NA	NA	•	•	NA	NA
Fort Phoenix State Reservation, Green Street, Fairhaven, 508-992-4524	•	NA	NA			\bigcirc	1
Horseneck Beach State Reservation, Rte. 88, Westport Point, 508-636-8816	•	NA	NA	•		\bigcirc	5
Nickerson State Park, Route 6A, Brewster, 508-896-3491	•				NA		1
Scusset Beach State Reservation, 140 Scusset Beach Rd., Sandwich, 508-888-0859	•	•	•	•	•	\bigcirc	3
GREATER BOSTON Artesani Park, Soldier's Field Road, Brighton, 617-727-1058	•	NA	NA	•	•	•	1
Blue Hills Reservation, 695 Hillside Street, Milton, 617-698-1802						\bigcirc	1
Boston Harbor Islands, Spectacle Island, 617-223-8666	•	•	•	•	•	\bigcirc	3
Breakheart Reservation, Forest St., Saugus, 781-233-0834			•		•	\bigcirc	1
Caddy Park, Quincy Shore Drive, Quincy, 617-727-5118	NA	NA	NA	•	•	NA	NA
Carson Beach, Day Blvd., South Boston, 617-727-5290	•	•	NA	•	•	\bigcirc	2
Castle Island, Day Blvd., South Boston, 617-727-5290		NA	NA	•	•	\bigcirc	1
Constitution Beach, Orient Heights, East Boston, 781-485-2803	•	NA	NA	•	•	•	1
Esplanade, Storrow Drive, Boston, 617-727-1058	•	•	•	•		NA	NA
Pleasure Bay Beach, Day Blvd., South Boston, 617-727-5118		NA	NA	•	•	\bigcirc	1
Pope John Paul II Park, Gallivan Blvd., Dorchester, 617-727-5118		NA	NA		•	NA	NA
Revere Beach Reservation, Revere Beach Blvd., Revere, 781-485-2803	•	NA	NA	•	•	\bigcirc	1
Webb Memorial Park, River Street, Weymouth, 781-740-1605	•	NA	•			NA	NA